



# Fresh School Meals

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## RHUBARB

Rhubarb loves the cool spring to early summer growing season that develops the stalks slowly and full of flavor. Today we will unlock the secrets to a perfect rhubarb and strawberry tart to introduce it to your palate.



Rhubarb or "pieplant" is a perennial plant (*Rheum raphanistrum*) with long pink to red celery like stalks and large green leaves that are toxic. The stalks of the rhubarb plant are extremely tart in flavor. Quite often in baking to compliment the sweet flavor of such fruit as strawberries, raspberries and the like. Rhubarb loves cool wet weather which brings the tender stalks to maturity. Grown from seed, rhubarb will take three springs to reach full foliage and hearty production which will last approximately 10 years. The stalks emerge from root bases called crowns or corms and are best harvested when 12-18 inches in height. Only half of the stalks should be harvested each year allowing the remainder to regenerate the roots for the next year's production.



Look for rhubarb that is crisp and plump with crisp looking red or pink medium-size stalks with leaves still attached. Avoid rhubarb that is wilted, has blemishes or that is pale in color. Rhubarb can be store wrapped in your refrigerator for a few days if necessary.



Try this fabulous tart or if you prefer you can put it in a traditional pie shell, but don't miss a classic Rhubarb and Strawberry Tart.



## RHUBARB and STRAWBERRY TART

Makes one 10 inch tart for 8 servings  
Prep Time 15 minutes - Bake Time 45 minutes



### Ingredients:

- 1 cup turbinado sugar
- 3 tablespoons whole wheat flour
- 1 teaspoon grated nutmeg
- 2 tablespoons unsalted butter, cut up
- 2 large eggs, beaten
- 2 cups rhubarb, cut into 1-inch pieces
- 2 cups strawberry halves
- 1 tablespoon minced fresh ginger root OPTIONAL
- 1 pecan pastry lined 10 inch tart shell (recipe follows)
- 1 cup heavy cream
- Sugar to taste
- Vanilla extract to taste
- Mint sprigs for garnish

### Directions

Preheat your oven to 425 degrees F.

In a large bowl combine the 1 cup sugar, flour and nutmeg. Mix in the butter and the eggs until the dry ingredients are moistened. Add the rhubarb, strawberries and ginger tossing to thoroughly coat. Transfer into a pastry lined tart shell.

Place on the lower rack of the oven. Turn the oven temperature down to 350 degrees and bake until the rhubarb is tender as checked by inserting a skewer into a couple of the pieces, about 30 to 40 minutes or so. Remove from the oven and allow to cool on a cake rack to room temperature.

To serve: Serve a wedge of tart with a garnish of whipped cream and a sprig of mint.  
Jimmy Schmidt

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## PECAN TART CRUST

Makes 1 tart shell for about 10 portions of 3 grams carbohydrate each

### Ingredients:

- |     |                             |
|-----|-----------------------------|
| 2   | cup pecans                  |
| 1/2 | cup turbinado sugar         |
|     | Pinch salt                  |
| 2   | tablespoons unsalted butter |
| 2   | tablespoon wheat flour      |

### Directions

In a food processor combine the pecans, sugar and salt chopping until fine and even. Add the butter pulsing until a ball is formed. Add the flour just to combine. Remove the pastry to a parchment lined cookie sheet and flatten the dough into a rectangle. Cover with plastic wrap and refrigerate for at least 30 minutes. To roll remove the dough from the refrigerator and place on a flour dusted, cool counter top.

Roll the course dough to 1/4 inch thick and cut to your desired tart shell. Keep chilled until filled with your tart recipe.

Jimmy Schmidt

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